

RD Almeda: Go for the Gold



Region XII RD Luz Almeda

TANAUAN, LEYTE - Go for the gold! This was the challenge of Director Luz S. Almeda to the athletes and coaches during a meeting with the members of the delegation on April 26, 2009.

Director Almeda encouraged the athletes to

give their best shot. “Do not be intimidated with their heights and physique. Emerge victorious emotionally, physically and mentally. This will be the greatest performance of your life. Your life is made up of several battles and conflicts. Do not be ashamed if you lose in a good fight.”

When asked what are the secrets to winning, one athlete

said, “discipline and training.” Another mentioned, ‘trust in God’, and another one added, ‘determination and fighting spirit.”

Director Almeda also urged the coaches to boost the confidence of their athletes. “Please model to them how a true athlete should behave. You should be the first to congratulate your athletes, win or lose.” (CSJr)

Gov Fuentes, RD Almeda to lead CRAA delegation in 2009 Palaro Opening

GOVERNOR Daisy P. Avance Fuentes of South Cotabato together with DepED XII Regional Director Luz Almeda will lead the Cotabato Regional Athletic Association (CRAA) in the official opening of the 2009 Palarong Pambansa which be held at the Leyte Sports Development Center (LSDC), Tacloban City on April 28, 2009 (Tuesday).

Governor Fuentes and RD Almeda will lead the 545-strong CRAA athletes, coaches, chaperons and officials in the parade which will start at around 8 o'clock in the morning at the Eastern Visayas State University (EVSU) grounds up to LSDC, and which will eventually commenced at the downtown area of Tacloban City.

South Cotabato Board Members Jose Madanguit, Jose Falcon, Clemente Tubo, Romar Olivares, Dardanilo Dar, Samuel Ladot, Patricio de la Cruz (ABC Federation President) and Relly Leysa (PCL President), and provincial department heads Bernardita Vallar, Elvira Rafael, Danilo Supe and Ramon Ponce de Leon will also join Governor Fuentes in the Opening Ceremony.

No less than President Gloria Macapagal Arroyo will grace the 2009 Palarong Pambansa, with an expected attendance of more than 10,000



Gov. Daisy Avance Fuentes

athletes, coaches, chaperons, officials and visitors coming from the 17 regions all over the country.

Prior to the President's arrival, a “Tribute to the Games” which is a field presentation showcasing the rich heritage of Eastern Visayas will be witnessed inside the LSDC grounds.

“Athletes Cheer” together with the performance of the EV Cheer Dancers and the 2-minute “Pakulo” performed by the parading athletes of the 17 regions will likewise be witnessed as part of the opening program.

A breakfast press conference with DepED Secretary Jesli Lapus will also be held at the poolside of Leyte Park Hotel at around 7 o'clock in the morning, which will be attended by the DepED family and the local and national media covering the 2009 Palarong Pambansa. (FCSJr)

Arnis players sweep 4 gold, 4 silver

TACLOBAN CITY - In response to the challenge of Director Luz Almeda to go for the gold, Arnis players Jerome Magna, Rey John Miguel and Nomer Buenavente delivered a terrific performance in the synchronized doble baston that earned them one gold apiece. The three players also gathered three silvers in the synchronized solo baston.

Miguel bested other players in the individual doble baston and bagged the gold medal. Magna received the silver medal for the individual solo baston.

The coach, Eric Marvin Victorio, revealed that sacrifices, determination, hardship, focus, discipline and teamwork were the key factors

to their glory.

“With the help of our Lord, the trainer Rajah Efren Apuesto, and with the full support of Superintendent Gildo Mosqueda of Tacurong City Division, and Sports Supervisor Rona Tacot, we emerged as the champion,” Victorio added. (CSJr)



Arnis Players in their Synchronized Solo Baston. (Inset) Rey John Miguel showing his best in Individual Solo Baston.

Cabradilla snatches CRAA's first medal

TACLOBAN CITY - Domingo Cabradilla snatched the first medal for the Cotabato Regional Athletic Association (CRAA) during the first day of the Palarong Pambansa 2009 in the province of Leyte.

With only .7 meters away from Niño Espinosa's 6.84 meters of Western Visayas who reaped the gold medal, Cabaradilla garnered a silver medal for his 6.77 meters jump with Adrian Ollivac of Cordillera Administrative Region who comes next with 6.57 m long jump.

This three -timed Palaro player owed his success to hardwork and discipline to achieve his first ever medal in his

Palaro stint.

"I have been a Palaro player since 2007, but this is the first time that I won a silver medal and I am very happy." He said.

He disclosed that he had joined other athletic competitions in the past and won several medals but not in the Palarong Pambansa.

During the Philippine Olympic Festival-Mindanao Open held at Lanao del Norte, he won a Gold medal in Long Jump and another Gold Medal for the same event during the POF National Open held in Cagayan de Oro in December last year.

He had been an athlete since his elementary days but settled for a 100 m and 200 m run in athletic events to no avail. As he reached



high school, he shifted to jumping events and landed fourth place during the Palarong Pambansa in Puerto Princesa, Palawan last year.

Cabradilla, a fourth year high school student from General

Santos City High School is a son of tricycle driver. He plans to take up BS in Criminology in college but wanted to continue being an athlete.

He wanted to become a policeman someday. (HST)

Native trackers top athletic prelims

TACLOBAN CITY – Two trackers from Cotabato Regional Athletic Association (CRAA) in 800 meter run elementary boys time trial won first place in their respective hits during the first day of this year's Palarong Pambansa here.

Jether Molina and Joryl Villanueva, both natives of Lake Sebu, South Cotabato emerged against their opponents from other regions.

Molina and Villanueva are prospective winners of gold and silver medal in the final event.

The two young athletes

were first timers in the palaro. They finished their elementary education at Bawang Elementary School and Lake Lahit.

"*Nakatulong talaga ang mahabang panahon na training sa akin.*" (The long rigid training helped me a lot.) Molina said.

He disclosed that he wants to continue being an athlete when he reaches his high school years.

On the other hand, Villanueva a third siblings of a farmer couple stated that he did all his best to be on top from other athletes in his hit. (AMS)



Joryl Villanueva



Diether Molina

RESULTS AS OF APRIL 27

Event	Name of Athletes	Result/Winner
SECONDARY DIVISION		
Sepak Takraw		CRAA
Badminton (Boys-Team Tie)	Anabieza, Reivon Henreich Devera, Ivan Lechoncito, Edmer Jade Marasigan, Welford	CRAA
Volleyball (Boys)		CRAA
Arnis Individual Doble Baston	Miguel, Rey John	GOLD
Individual Solo Baston	Magna, Jerome	SILVER
Synchronized Solo Baston	Magna, Jerome	SILVER
	Miguel, Rey John	SILVER
Synchronized Doble Baston	Buenavente, Nomer	SILVER
	Magna, Jerome	GOLD
	Miguel, Rey John	GOLD
	Buenavente, Nomer	GOLD
Table Tennis G (Bracket B Game 1)		CRAA
Table Tennis G (Bracket B Game 3)		CRAA
ELEMENTARY DIVISION		
Triple Jump (Boys-Finals)	SAB, ARNOLFO	4th Place
Badminton (BTT-Elem04)		
First Singles	Lazarito, Alexander	CRAA
Doubles	Gecosala, Patrick Uy, Christian Jun	CRAA
Second Singles	Barrios, Kristian Paulo	CRAA
Javelin Throw (Girls-Finals)	Obarra, Christine	4th Place
	Munez, Melrose M.	5th Place
Shot Put (Girls-Finals)	Jaco, Romelyn	6th Place
Baseball		CRAA (By Default)
Volleyball (Girls)		CRAA
Table Tennis G(Bracket D Game 2)		CRAA
Table Tennis G (Bracket D Game 3)		CRAA

CRAA coaches bag 1st Nat'l DepEd Table Tennis Tilt



(L-R) Jubar J. Barrieses, Esteban Angcos Jr. and Bonifacio Piezas Jr. proudly showing their medals.

TACLOBAN CITY- Even before the games started for this year's Palarong Pambansa, Region 12 already bagged all medals for the First Department of Education (DepEd) National Coaches Table Tennis Tournament.

Jubar J. Barrieses, a ten-time Palaro coach of Table Tennis from General Santos City, emerged as this year's Champion together with CRAA's other coaches; Esteban Angcos Jr. (Kabacan) and Bonifacio L. Piezas, Jr. (General Santos City) who garnered the second and third places respectively.

Barrieses, also a Palaro athlete and a varsity player in table tennis during his student days, said that these achievements only show that Region XII also tried to be good in whatever sports events they are into.

He disclosed that as they were informed about the conduct of said tournament, they joined their athletes during the training and prepare for the feat.

The tournament was participated in by interested

coaches, trainers and even officiating officials from the DepEd all over the country.

"This was organized by the Table Tennis group from Visayas and Mindanao and was the first time to be held as one of the side events of the Palarong Pambansa." Barrieses said.

Asked if their achievement will reflect on the performances of their athletes, Barrieses said that as coaches, they always tried to hand down their knowledge and skills to their athletes and hopes to win in this national sports event.

The players received a medal, certificate of recognition and cash prizes.

Meanwhile, DepEd Regional Director Luz S. Almeda, gave cash incentives to the winning coaches. She also promised to give incentives to winning athletes for this year's Palaro in the amount of P3,000.00 for the Gold medal; P2,000.00 for the Silver medal and P1,000.00 for the bronze medal. This is apart from the incentives to be given by their respective Local Government Units. (HST)

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